

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name: *Reducing the Risk*

Developer: ETR Associates

Program Description: *Reducing the Risk* is a classroom-based sexuality-education curriculum that provides instruction and practice in using social skills needed to implement knowledge about preventing pregnancy and reducing unsafe behavior in future high-risk situations. The intervention is designed to affect knowledge, beliefs, values, and intentions related to abstinence, unprotected sexual activity, unintended teen pregnancy, and STD contraction of high school students. The curriculum emphasizes teaching refusal skills and alternative behaviors to remain abstinent.

Component 1: Classroom Sessions

This component includes 16 classroom lessons. Each lesson spans a 45-minute period, but can be extended by increasing practicing time and providing additional time for discussion and disclosure. Lessons include:

- Lesson 1: Abstinence, Sex and Protection
- Lesson 2: Abstinence: Not Having Sex
- Lesson 3: Refusals
- Lesson 4: Using Refusal Skills
- Lesson 5: Delaying Tactics
- Lesson 6: Avoiding High-Risk Situations
- Lesson 7: Getting and Using Protection I
- Lesson 8: Getting and Using Protection II
- Lesson 9: Knowing/Talking About Protection: Skills Integration I
- Lesson 10: Skills Integration II
- Lesson 11: Skills Integration III
- Lesson 12: Preventing HIV and Other STD
- Lesson 13: Risk Behaviors
- Lesson 14: Implementing Protection from STD and Pregnancy
- Lesson 15: Sticking with Abstinence and Protection
- Lesson 16: Skills Integration IV

Target Population: Available information describes the target population as students in grades 9 through 12. The program is designed to be appropriate for students of all races/ethnicities and for use in school classrooms.

Curriculum Materials: *Reducing the Risk* includes a teacher's manual, student workbook available in English and Spanish, and an activity kit. Materials are available at <http://pub.etr.org/productdetails.aspx?id=110000&itemno=359>.



Training and TA: Basic educator trainings for *Reducing the Risk* are available on a fee-for-service basis from ETR Associates. Fee-for-service trainings are provided by request for groups of approximately 20–50 people. Costs vary depending on the size of the group trained.

Research Evidence¹

Study Citation: Kirby, D., Barth, R. P., Leland, N., & Fetro, J. V. (1991). Reducing the risk: Impact of a new curriculum on sexual risk-taking. *Family Planning Perspectives*, 23(6), 253–263.

Population Evaluated: High school students primarily in grades 9 (27%) and 10 (56%)

- 62% white, 20% Hispanic, 9% Asian, 2% African American, 2% Native American, 5% other
- 53% female and 47% male

Setting: High school classrooms in rural and urban areas of northern California

Study Findings: At the 18-month follow-up: female adolescents participating in the intervention who were sexually inexperienced at baseline were significantly less likely to report having had unprotected sex.

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.